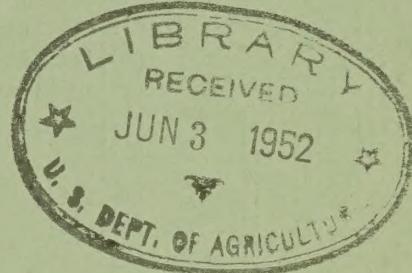


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# 4-H FOOD and NUTRITION

## Reference List



EXTENSION SERVICE

U. S. DEPARTMENT OF AGRICULTURE

## FOREWORD

Since the beginning of 4-H Club Work, foods and nutrition programs have been reviewed, results evaluated, and revisions made at rather regular intervals. From such a standpoint, this circular should prove very stimulating in revising objectives and improving materials for general use relative to the present foods and nutrition program. As you will note, the suggested objectives and criteria included here are the result of the combined thinking of the sixteen nutrition specialists attending the National Nutrition Workshop held at the University of Arkansas and conducted by Dr. Evelyn Blanchard, our Federal extension nutrition specialist. It is such combined thinking that will lead ultimately to a set of 4-H objectives and criteria for the 4-H foods and nutrition program on which there will be mutual agreement. Both the nutrition specialists and State 4-H Club leaders responsible for this highly important phase of the Cooperative Extension Service program are to be congratulated upon their cooperative efforts which have yielded such gratifying results in the last several years.



Gertrude L. Warren  
Organization of 4-H Club Work

824781

List of 4-H Publications on Foods and Nutrition

Compiled by Evelyn L. Blanchard  
Extension Nutritionist

This list has been compiled in order that States wishing to write or revise publications may have the opportunity to see what other States have done.

The readability of the 4-H publications have improved in the last few years. At one time some of them read like college textbooks.

The appearance has also improved. The layout is better. The type is larger, more good illustrations are used.

The subject matter has also been brought up to date. The ability and interest of the 4-H member has been considered. Long involved methods and recipes have been replaced by shorter, more up-to-date ones.

Consideration has been given to the development of the 4-H Club member. Since adolescents and preadolescents do not have the same interests and abilities most material does not fit both groups. Many States have prepared material to meet the needs of both groups.

Specialists from different States met at the University of Arkansas summer school and discussed the 4-H foods and nutrition objectives. These are included here for your consideration. If you have suggestions or changes please write me.

It is very important to cooperate with the 4-H Clubs in improving the material and program.

Extension Service  
U. S. Dept. Agr.  
Washington, D. C.

Report of Committee of Nutrition Specialists  
on the 4-H Food and Nutrition Program Objectives

To Help 4-H Club Members

1. To understand the relation of food to health.
2. To develop and follow good food habits.
3. To know and understand selection of foods for an adequate diet.
4. To develop skill in food preparation.
5. To understand and apply the principles of meal planning.
6. To develop skill in serving meals that are attractive as well as nutritious.
7. To understand the importance of a happy mealtime.
8. To make the best possible use of home-produced food.
9. To learn to buy food wisely.
10. To store food in the home according to the best methods.

Criteria for a Good Food and Nutrition Program

General

- Does it meet the needs and interests of all members of the group?  
Is it organized on a basis of practical, interesting units or situations such as supper, breakfast, dinner, lunch box?  
Is it based on practical meal preparation work?  
Does it stimulate a desire to continue the next year?  
Does it stimulate family commendation and cooperation?  
Does it contribute to a working knowledge of nutrition?  
Does it contribute to the health and happiness of the individual and the family?  
Does it develop a desire to share home responsibility?  
Does it contribute to the family meals?  
Is it adaptable to the abilities of the adolescent as well as the pre-adolescent?  
Does it encourage good sanitation and safety practices?

Additional Criteria for Senior Members

- Does it help the member to recognize the importance of the food dollar in relation to the family income?  
Does it stimulate interest in planning and serving meals for community activities?  
Does it arouse desire to follow foods and nutrition as a career, such as:

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\*Meeting held at the University of Arkansas, Fayetteville, Aug. 1951, representing 15 different States.

Girls:

Homemaker  
Home demonstration agent  
Home economics teacher  
Nutritionist  
Home economist in business

Boys:

Chef  
Hotel manager  
Baker  
Food technologist

- Does entertaining family guests and friends become fun because the member has learned to be a gracious host or hostess?
- Does it help members to develop community responsibility?
- Does it help 4-H members to guide younger members of the family in eating the right foods?
- Does it encourage members to become familiar with food problems of other nations?
- Does program show the importance of food in relation to personal attractiveness?
- Does it encourage members to serve meals that are colorful and attractive?

4-H Home Production and Conservation Program  
Objectives to Help 4-H Club Members

1. To acquire the knowledge and develop the skills essential to the successful conservation of fruits, vegetables, and meats.
2. To increase the home food supply by taking an active part in canning, freezing, drying, curing, and storing food for the family.
3. To recognize the importance of fruits, vegetables, meat, and dairy products in the diet.
4. To utilize home-produced foods the year round.
5. To promote the use of a balanced food conservation plan.
6. To understand how home food production and conservation can improve family nutrition.

General Criteria for a 4-H Food Conservation Program

1. Does it cover the practical phases of food conservation?
2. Are products preserved in keeping with a family food conservation plan?
3. Do members learn to use preserved food in meal preparation?
4. Do members learn the economic significance of food preservation?
5. Is food production an important phase of the program?
6. Is it scaled to the capabilities of the members?
7. Does it help members make a family food conservation plan including canned, frozen, stored, cured, and dried foods?
8. Does it develop skill in the handling of preservation equipment?
9. Does it provide opportunity to demonstrate to others what has been learned--individuals, community groups, other clubs?
10. Does it aid members as they begin to establish homes of their own?

--Compiled by specialists from--  
Arkansas, Connecticut, Florida,  
Georgia, Iowa, Louisiana, Minnesota,  
Mississippi, Missouri, Nebraska,  
Oklahoma, South Dakota, Texas,  
Virginia, Wyoming.

# LIST OF STATE 4-H PUBLICATIONS ON FOODS AND NUTRITION

Compiled by  
Evelyn L. Blanchard, Extension Nutritionist

You will notice that many of these publications have been listed in previous "Send-for" lists. Since publication funds are limited, many States find it necessary to send only one copy of a bulletin to another State. Before you ask for copies of these bulletins, be sure to check your files. We do not wish these lists to be a burden to any State.

## Alabama

- Alabama Polytechnic Institute. 4-H Club demonstration leaflets. Auburn.  
Band around the can of food, The. Dorothy Overbey. 1 pp. 1951.  
Canning tomatoes. Lavada Curtis. 2 pp. illus. 1951.  
Cooking with enriched corn meal. Mary Hulsey. Cir. 388. 2 pp.  
January 1950.  
Foods planning serving recipes. Mary Hulsey. Cir. 2. 166 pp. illus.  
September 1950.  
Let's drink more milk. Cir. 384. 3 pp. illus. January 1950.  
Let's go grocery shopping. Dorothy Overbey. 1 pp. illus. 1951.  
Making oatmeal cookies. Mary Hulsey. 2 pp. illus. 1951.  
Making peach jam. Lavada Curtis. 2 pp. illus. 1951.  
Quick meal, A. Mary Hulsey. Cir. 395. 2 pp. May 1950.  
Table courtesy...from Clinton and Clara. Mary Hulsey. 4 pp. illus.  
1951.  
Using your peanuts. Cir. 356. 3 pp. November 1947.

## Alaska

- Univ. of Alaska 4-H Club circulars. unnumb. mimeographs. College,  
Alaska. undated.  
Baking I - the 4-H way. Quick breads. 10 pp.  
Baking II - the 4-H way. Cake and cookies. 19 pp.  
Baking III- the 4-H way. Yeast breads. 16 pp.  
Camp cookery the 4-H way. 28 pp. illus.  
Hot lunches the 4-H way. Instructions. 18 pp. illus.  
Meal preparation I. Breakfasts. 13 pp.  
Meal preparation II. Luncheons and suppers. 18 pp.

## Arizona

- Arizona Agr. College Extension circulars. Lola T. Dudgeon. Tucson.  
Arizona meals the 4-H way. Second year 4-H Club leader's guide.  
mimeo. N-123 (revised). 13 pp. 1945.  
Arizona meals the 4-H way. Third year. Ext. Cir. 124. 69 pp.  
illus. 1944.

Foods for the first year 4-H. Reva Lincoln. Ext. Cir. 156. 27 pp.  
illus. Ariz. Agr. Col. Ext. Tucson. 1949.

Ariz. Agr. Col. Ext. circulars. Tucson.

Fourth year and advanced food requirements. Mult. leaflet N-232.  
8 pp. 1951.

Preservation of food. A 4-H project. Mult. leaflet N-186. 8 pp. 1950  
Second year 4-H foods. Lola T. Dudgeon. Cir. 184. 31 pp. illus. 1951

#### Arkansas

Ark. Agr. Col. Ext. leaflets. Blanche Randolph. Fayetteville. 1949.  
4-H canning fruit, vegetables, tomatoes, kraut. Cir. 450. 31 pp.  
illus. 1949.

Home canning fruits and vegetables. Cir. 256. 29 pp. illus. and  
charts. 1949.

Pickles and relishes. Cir. 458. 15 pp. 1950.

Ark. Agr. Col. Ext. leaflets. 4-H club manuals in foods and cookery.  
Joellene Vannoy. Fayetteville. 1950.

Cir. 367. 8 pp.

Cir. 368. 12 pp.

Cir. 369. 8 pp.

#### California

Calif. Agr. Col. Ext. Gladys Boone and Lois Lyman. Berkeley.

Everybody likes a good egg. Lois Lyman. unnumb. 11 pp. illus. undated.

Fruit hits the spot! Gladys Boone. Cir. unnumb. 7 pp. illus. undated.

Fun with muffins and biscuits. Lois Lyman. unnumb. 7 pp. illus. "

Milk does a lot--two special things milk gives the body are:

1. Calcium, 2. Protein. Lois Lyman and Gladys Boone. unnumb.  
7 pp. illus. undated.

Start your day right. Gladys Boone and Lois Lyman. unnumb. leaflet.

7 pp. illus. undated.

Breakfast unit, 4-H foods program. Leaders' handbook. Emily M. Parker.  
18 pp. illus. Calif. Agr. Col. Ext. Berkeley. 1951.

Color is the key to the value of whole grains. Gladys Boone and Marion  
M. Sniffen. unnumb. 7 pp. illus. Calif. Agr. Col. Ext. Berkeley. undated.

Foods program. California 4-H Club project outlines. Dorothy E. Duncan.  
unnumb. 6 pp. Calif. Agr. Col. Ext. Berkeley. undated.

Record book (your foods). unnumb. 12 pp. Calif. Agr. Col. Ext.  
Berkeley. undated.

Food preservation bulletins. Calif. Agr. Col. Ext. Berkeley.  
Drying of vegetables and fruits in the home. W. V. Cruess, Hilda  
Faust and Vera D. Greaves. H.C. 21. 8 pp. illus. 1947.  
Food preservation program. 4-H Club project outlines. unnumb.  
processed leaflet. 3 pp. undated.  
Food preservation record book. California 4-H Clubs. unnumb. leaflet. 8 pp.  
Home bottling and canning of fruit juices. Hilda Faust and M. A.  
Joslyn. 4 pp. leaflet. undated.  
Home buttermaking. Vera Greaves Mrak. 2 pp. illus. 1946.  
Home canning. Hilda Faust. 7 pp. leaflet. 1950 rev.  
Home cheesemaking. Vera D. Greaves and Katharine E. Bennett. 2 pp.  
illus. 1945 rev.  
Home freezing. Vera Greaves Mrak. How to prepare, store, thaw and  
cook frozen foods. Cir. 153. 21 pp. illus. 1949.

Lucky Four Food Series. Calif. Agr. Col. Ext. Berkeley.

A hearty dish to grow on. 15 pp. 1951.  
Bake a better bread. Marion M. Sniffen. 15 pp. illus. 1951.  
Dessert ends the meal. 17 pp. illus. undated.  
Lucky four foods for lunch or supper. Marion M. Sniffen. 12 pp. illus.  
Lunch-supper unit. 4-H food program. Emily M. Parker. 13 pp. undated.  
Soup invites you. Marion M. Sniffen. 17 pp. illus. undated.  
Treasure at your table. 15 pp. undated.

Colorado

Learning to demonstrate. For first and second year foods members. mimeo.  
Cir. 2262. 5 pp. illus. Colo. Agr. Col. Ext. Fort Collins. 1950.

Learning to judge. For first and second year food members. mimeo. Cir.  
2261. 3 pp. illus. Colo. Agr. Col. Ext. Fort Collins. 1950.

Better Meals series. Colo. Agr. Col. Ext. mimeos. May Stanek. Fort Collins.  
Breakfasts. First year foods. Cir. 2--1-A. 23 pp. illus. Nov. 1950.  
Dinners. Third year. Cir. 1972. 38 pp. 1949.  
Entertaining at home. Fifth year. Cir. 1975. 23 pp. 1949.  
Food for the family. Fourth year. Cir. 1973. 29 pp. undated.  
Luncheons and suppers. Second year. Ext. Cir. 2037-A. 28 pp. illus. 1950.

Connecticut

Cakes and cookies. Revised by Janina Czajkowski. unnumb. 13 pp. mimeo.  
leaflet and score card. Conn. Agr. Col. Ext. Storrs. February 1949.

Cooking the 4-H way. Rita Dubois. Bul. 423. 52 pp. illus. Conn. Agr.  
Col. Ext. Storrs. August 1950. (In process of being reprinted and  
slightly revised).

Food for fun and fitness. Janina M. Czajkowski. Folder 31. 5 pp. Conn.  
Agr. Col. Ext. Storrs. October 1949.

Fruits and vegetable canning. Tena Bishop and William R. Cole. Bul. 430. 23 pp. illus. Conn. Agr. Col. Ext. Storrs. February 1951.

Connecticut Agr. Ext. Service publications. Storrs.  
4-H Club member's food record. February 1951.  
4-H canning record. 2 pp. January 1949.  
Judge's comments on your canning exhibit. Entry card for canning exhibits. 1949.

Connecticut Agr. Ext. Service mimeo. bulletins. Janina M. Czajkowski.  
Setting your table. May 1950.  
What every cook should know. Part I. Bul. 16. 16 pp. illus.  
February 1950.  
What every cook should know. Part II. Bul. 16A. 19 pp. February  
1950.

#### Delaware

Being a good host or hostess. unnumb. mimeo. leaflet. 4 pp. Univ. of Delaware. Newark. undated.

4-H'ers can help produce the family's food. Manual for leaders. unnumb. mimeo. leaflet. 5 pp. Univ. of Delaware. Newark. March 1951.

Good food for good health. Outline for 4-H Club leaders. unnumb. mimeo. leaflet. 5 pp. Univ. of Delaware. Newark. 1950.

Handbook for 4-H J.C.'s, Junior cooks. unnumb. leaflet. 11 pp. illus. Univ. of Delaware. Newark. undated.

Handbook for 4-H foods. Unit No. 2. Preparing and serving lunch or supper. unnumb. 16 pp. illus. Univ. of Delaware. Newark. undated.

It's fun to cook outdoors. mimeo. cir. 76. 4 pp. Univ. of Delaware. Newark. August 1951.

Main meal of the day, The. 4-H handbook. unnumb. leaflet. 32 pp. illus. Univ. of Delaware. Newark. 1950.

When you give demonstrations. 4-H handbook for members and leaders. unnumb. mimeo. 4 pp. Univ. of Delaware. Newark. May 1950.

University of Delaware 4-H record books. Newark. undated.

Foods record. Unit 1 - J. C.'s. 4 pp.

Foods record. Unit 2 - Lunch or supper. 4 pp.

Health record. 8 pp. January 1951.

Quick breads for any meal . Advanced foods unit. unnumb. 4 pp.

### Florida

Florida food preparation record for junior 4-H club girls. Eat this way every day, for growth, health and good looks. Demonstration I. 14 pp. Demonstration II. 11 pp. unnumb. Fla. Univ. Agr. Ext. Gainesville. undated.

Florida 4-H food selection, preparation and meal planning record for senior 4-H Club girls. Demonstration III. 16 pp. demonstration; Demonstration IV and V. 12 pp. unnumb. Fla. Univ. Agr. Ext. Gainesville. undated.

Food preservation record for 4-H Club girls. Better living at home through home canning. Demonstrations I and II. 8 pp. unnumb. Fla. Univ. Agr. Ext. Gainesville. undated.

Food preservation record for 4-H Club girls. Better living at home through a well-filled pantry. Demonstrations III, IV, V and VI. 8 pp. Fla. Univ. Agr. Ext. Gainesville. undated.

Girls' 4-H Club members' handbook for health improvement. unnumb. mimeo. 28 pp. illus. Fla. Univ. Agr. Ext. Gainesville. undated.

4-H Club publications. Fla. Univ. Agr. Ext. Anna Mae Sikes. Gainesville. Eat this way every day...for growth, health and good looks. 4 pp. unnumb. undated.

4-H Club work for Florida girls. Food preparation and meal planning Demonstration II. mimeo. 1944.

4-H food preparation guide and record for food, nutrition and health program. Misc. pub. 15. 23 pp. September 1936.

4-H food selection, preparation and meal planning record. Demonstrations III, IV, V. 16 pp. unnumb. undated.

### Georgia

Ga. Agr. Col. Ext. 4-H Club food preparation publications. Athens. Citrus fruits. 4 pp. undated.

4-H Club food preparation guide. Bul. 550. 24 pp. illus. undated.

Food preparation for 4-H Club girls. Second year. Cir. 278. 1946 rep. Junior 4-H Club food preparation guide. Susan Mathews. Bul. 549. 24 pp. illus. 1950 rep.

Party refreshments. 10 pp. undated.

Ga. Agr. Col. Ext. 4-H Club canning publications. Ruth Broach. Athens. June 1950.

Canning manual. Junior 4-H Club. Bul. 548. 24 pp. illus.

Canning manual. Senior 4-H Club. Bul. 563. 60 pp.

## Hawaii

Breakfast the 4-H way. To make the best better. Kathryn Shellhorn and Inez Eckblad. Home Ec. Cir. 109. 55 pp. illus. Hawaii Agr. Ext. Honolulu. 1945. rev.

Dinners for the 4-H Club family. Kathryn Shellhorn and Inez Eckblad. Bul. 48. (formerly Home Ec. Cir. 111). 71 pp. illus. Hawaii. Agr. Ext. Honolulu. 1948.

4-H calls for luncheons and suppers. Katherine I. Carter. Bul. 47. 24 pp. illus. Hawaii. Agr. Ext. Honolulu. October 1949.

4-H nutrition and health club record book. Form 159. 20 pp. illus. Hawaii. Agr. Ext. Honolulu. September 1949. rev.

Home freezing in Hawaii. Fruits, vegetables, meats, poultry, game and fish. Faith Fenton, Geraldine Bryant, Carey D. Miller and Kathryn Orr. Cir. 33. 62 pp. Hawaii. Agr. Expt. St. Honolulu. September 1950.

Home freezers and packaging materials. Faith Fenton. Cir. 27. 26 pp. illus. Hawaii. Agr. Expt. St. Honolulu. October 1949.

Hawaii Agr. Ext. mimeo. cir. Honolulu.

It's fun to entertain. Breakfast. Home Ec. Cir. 230-A. 17 pp. illus. July 1948.

It's fun to entertain. Luncheons and suppers. Home Ec. Cir. 230-B. 20 pp. illus. July 1948.

It's fun to entertain. Special occasions. Home Ec. Cir. 230-D. 30 pp. illus. July 1948.

It's fun to entertain. Special occasions (supplement). Home Ec. Cir. 230-D. 7 pp. illus. December 1949.

4-H food preparation contest. Club Cir. 30. 1 p. September 1950. rev.

Hawaii Agr. Ext. mimeo. cir. Verna Dodd. Honolulu. 1951.

Economical meals. Home Ec. Cir. 251. 4 pp. illus.

Economical meals. Home Ec. Cir. 252. 4 pp. illus.

Frozen foods. Home Ec. Cir. 250. 6 pp. illus.

Jellies. Home Ec. Cir. 5. 4 pp. illus.

Marmalade, preserves, conserves, butters and fruit sirup. 6 pp. illus.

## Idaho

Canning made easy. 4-H leaders' guide. 3 pp. illus. Idaho Univ. Agr. Col. Ext. Moscow. undated.

Farm grown foods for your family--energy, health, growth. Mildred Haberly. Ext. Cir. 115. 1 p. chart. Idaho Univ. Agr. Col. Ext. Moscow. April 1951.

Problems in home food preservation. V. A. Cherrington, Marion Hepworth, and Mildred Haberly. Ext. Cir. 99. 16 pp. Idaho Univ. Agr. Col. Ext. Moscow. June 1950. rev.

- 4-H Club foods project circulars. Idaho Univ. Agr. Col. Ext. Moscow.  
Div. 1. Junior cookery. Ext. Bul. 152. 12 pp. illus. March  
1945. September 1949. rep.  
Div. 2. Breakfast. Ext. Bul. 153. 18 pp. illus. April 1947. rep.  
Div. 3. Luncheon. Ext. Bul. 168. 23 pp. illus. April 1946.  
Div. 4. Dinner. Mildred Haberly. Ext. Bul. 168. 23 pp. illus.  
February 1948.  
Div. 5. Let's bake. Mildred Haberly. Ext. Bul. 183. 12 pp. 1951.

Suggested plan of meetings for 4-H foods project. Idaho Univ. Agr. Col. Ext. Moscow..

- Div. 1. Junior cookery. I 15m. 2 pp. undated.  
Div. 2. Breakfast. I 16m. 2 pp. undated.  
Div. 3. Luncheon. I 3m. 3 pp. undated.  
Div. 4. Dinner. I 20m. 2 pp. undated.

### Illinois

University of Illinois. Extension 4-H Club handbooks. Urbana.  
Cakes. Frances Cook. G-149. 16 pp. January 1951.  
Cookies. G-87. 10 pp. May 1950.

University of Illinois. Extension 4-H Club mimeos. Urbana.  
Outdoor meals. G-82. 17 pp. illus. 1948.  
Preserve your fruits and vegetables. G-133. 31 pp. 1945.  
Quick breads. G-138. 41 pp. illus. 1950.  
Use of dairy foods. G-126. 24 pp. 1946.  
Ways of using fruits and vegetables. Grace B. Armstrong and  
Mildred Read. G-132. 33 pp. 1947.  
Yeast bread. G-137. 13 pp. illus. 1946.

### Indiana

4-H Club garden manual. Ext. Bul. 227. 23 pp. illus. Purdue Univ.  
Dept. Agr. Ext. Lafayette. undated.

4-H Club handbook. Ext. Bul. 230 (3d rep.). 28 pp. illus. Purdue  
Univ. Dept. Agr. Ext. Lafayette. 1949.

4-H Club work in Indiana. Harry F. Ainsworth. Ext. Bul. 243. 42 pp.  
illus. Purdue Univ. Dept. Agr. Ext. Lafayette. March 1940.

4-H way to profitable potato production. Ext. Bul. 253. 18 pp. illus.  
Purdue Univ. Dept. Agr. Ext. Lafayette. undated.

Purdue Univ. Dept. Agr. Ext. mimeos. Lois Oberhelman and Opal Stech.  
Lafayette. 1950.

- It's fun to cook outdoors. Leaflet 492. 4 pp.  
Meats. Advanced 4-H foods project No. 2. 4 pp. illus.

- 4-H Club baking bulletins. Edna Troth. Purdue Univ. Agr. Ext. Lafayette.  
 Let's make a cake. First div. Ext. Bul. 264. 12 pp. illus. 1950.  
 Let's make some biscuits. Third div. Ext. Bul. 235. 19 pp. illus.  
 1950.  
 Let's make some cookies. Second div. Ext. Bul. 265. 15 pp. illus.  
 1949.  
 Swedish tea ring, A.! Fifth div. Ext. Bul. 237. 31 pp. illus. 1950.
- 4-H Club food preparation manuals. Purdue Univ. Agr. Ext. Lafayette.  
 Let's make desserts. First div. Ext. Bul. 259. 15 pp. illus. 1950.  
 Let's make a salad. Second div. Ext. Bul. 260. 12 pp. illus. 1948.  
 Let's prepare vegetables. Third div. Ext. Bul. 261. 12 pp. illus.  
 1948.  
 Let's prepare dinner. Fourth div. Ext. Bul. 262. 12 pp. illus. 1949.  
 Let's have a party. Fifth div. Ext. Bul. 263. 24 pp. illus. 1949.
- 4-H Club food preservation manuals. Purdue Univ. Agr. Ext. Lafayette.  
 Div. I. Let's preserve fruits. Mary Frances Smith. Ext. Bul. 317.  
 20 pp. illus. 1951.  
 Div. II. Let's preserve vegetables too. Mary Frances Smith. Ext.  
 Bul. 316. 36 pp. illus. 1951.  
 Div. III. Food preservation. Irma Winkleblack. Ext. Bul. 327.  
 20 pp. illus. 1951.  
 Div. IV. How about your food budget. Ext. Bul. 4-H-42. 14 pp. 1951.  
 Div. V. Food preservation. Irma Winkleblack. Ext. Bul. 333. 24 pp.  
 illus. 1949.

#### Iowa

- Iowa State Col. Ext. bulletins. Margaret Kagarice. Ames.  
 Let's bake cake, cookies and pie. HE 2. 7 pp. illus. December 1948.  
 Let's bake yeast bread. unnumb. 3 pp. illus. November 1950. rep.  
 Let's cook vegetables. HE 12. 8 pp. illus. January 1950.  
 Let's do the dishes. HE 17. 3 pp. illus. October 1950.  
 Let's make quick breads. unnumb. 3 pp. illus. August 1948.  
 Meat in our meals. HE 9. 7 pp. including chart. illus. November  
 1950. rep.

- Iowa State Col. Ext. mimeos. Youth 4-H girls' leaflets. Ames.  
 Milk in every meal. C-294. 10 pp. September 1950.  
 So you want to learn about foods. C-229. 6 pp. illus. 1950.

#### Kansas

- Kans. State Col. Ext. 4-H Club circulars. Mary G. Fletcher. Manhattan.  
 Serving breakfast. Cir. 203. 11 pp. illus. 1950.  
 Serving dinner. Cir. 203. 6 pp. folder. illus. 1950.  
 Serving lunch or supper. Cir. 202. 15 pp. illus. 1950.  
 Kans. State Col. Ext. 4-H Club leaflets. Manhattan.  
 Leaders' guide in 4-H food preservation. M-47. 6 pp. folder.  
 September 1948.  
 Leaders' guide in 4-H food preservation. M-47. 6 pp. folder. 1949.  
 Leaders' guide in serving breakfast, supper, lunch, dinner.  
 Gertrude Allen and Mary G. Fletcher. 6 pp. folder. 1949.

Kans. State Col. Ext. circulars. Gertude Allen. Manhattan. 1950.  
Helping with dinner. Cir. 207. 11 pp. illus.  
Helping with school lunch and picnic basket. Cir. 208. 5 pp. illus.  
Helping with supper and luncheon. Cir. unnumb. 7 pp. illus.  
Leaders' guide in 4-H food preparation. Cir. unnumb. 3 pp. illus.  
Making simple beverages and desserts. Cir. 209. 12 pp. illus.

Know your calories. L. C. Williams. Leaflet 1-50-5M. 4 pp. Kansas  
State Col. Ext. Manhattan. January 1950.

### Kentucky

Foods project for 4-H Clubs. Ky. Agr. Col. Ext. 4-H Club circulars. Lexington.  
Breakfast. Edith Lacy, Dorothy Gentry, Lyda Sutherland and  
Margaret Gulley. Cir. 4-H 1002. 20 pp. illus. 1950. rep.  
Dinner. Edith Lacy, Dorothy Gentry, Lyda Sutherland, and Margaret  
Gulley. Cir. 394. 28 pp. illus. 1948. rep.  
4-H bake book. Edith Lacy, Ruth Latimer and Anita Burnam Davis.  
Cir. 392. 24 pp. illus. 1943.  
4-H Club member entertains. Anita Burnam Davis, Edith Lacy, and  
Ruth Latimer. Cir. 393. 20 pp. illus. 1943.  
School lunches. Edith Lacy and Dorothy Threlkeld. Cir. 373.  
16 pp. illus. 1941.  
Supper or luncheon. Edith Lacy, Dorothy Gentry, Margaret Gulley,  
Lyda Sutherland. Cir. 4-H 1003. 15 pp. 1950.

Canning project for 4-H Clubs. Ky. Agr. Col. Ext. 4-H Club circulars.  
Lexington.

Fruits and fruit juices. Unit I. Edith Lacy, Dorothy Gentry, Lyda  
Sutherland, and Margaret Gulley. Cir. 412. 12 pp. illus. 1948.  
Jellies, jams and marmalades. Unit VI. Dorothy Gentry and Edith  
Lacy. Cir. 439. 14 pp. illus. 1948.  
Pickles and relishes. Unit V. Edith Lacy and Dorothy Gentry.  
Cir. 442. 12 pp. illus. 1947.  
Tomatoes and tomato juice. Unit II. Ruth Latimer, Edith Lacy, and  
Dorothy Gentry. Cir. 418. 8 pp. illus. 1948.  
Vegetables. Unit III. Ruth Latimer, Edith Lacy, and Dorothy Gentry.  
Cir. 421. 8 pp. illus. 1947.

Time table for canning vegetables and fruits. unnumb. leaflet. 1 pp.  
Ky. Agr. Col. Ext. Lexington. undated.

### Louisiana

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Baton Rouge.

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June 1947, rev.  
4-H Club member prepares food for freezing. 3 pp. mimeo. unnumb.  
Sept. 1949.  
Freezing foods. Ext. pub. 1099. 17 pp. illus. August 1951.

La. Agr. Col. Ext. publications. Florence S. Abington. University Station. Baton Rouge.

An invitation to better suppers. Ext. pub. 1034. 12 pp. illus.

January 1950.

Better baking. Ext. pub. 1047. 23 pp. illus. May 1950.

Better breakfasts. unnumb. bul. 14 pp. illus. March 1949.

La. Agr. Col. Ext. mimeos. Margaret Jolley. University Station. Baton Rouge.

Adequate meals at low cost. unnumb. leaflet. 14 pp. illus. 1951.

Mealtimes for Johnny. unnumb. leaflet. 3 pp. 1951.

Your weight is what you make it. unnumb. leaflet. 10 pp. illus. 1951.

### Maine

Maine Agr. Col. Ext. publications. Kathryn E. Briwa. Orono.

Every day table service. Ext. Bul. 337. 19 pp. illus. November 1950.

Food preparation for 4-H Club members. Part I. Ext. Bul. 342. 24 pp. illus. 1950.

Food preparation for 4-H Club members. Part II. Ext. Bul. 342. 31 pp. illus. 1950.

Home canning for 4-H Club members. Ext. Bul. 314. 24 pp. illus. 1945, rev.

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Canning beans in pressure cooker. 3 pp.

Canning tomatoes in boiling-water bath. 3 pp.

Health guide for 4-H Club members. 3 pp.

How do you measure? 1 p.

4-H Club leader's guide foods project. Prepared by Lois Cohoon, Noreen Ray and Loana Shibles. 20 pp.

4-H entertains at home (menus). 4 pp.

4-H food exhibit, The. Notes for agents and leaders. 2 pp.

4-H health habits check-up. 2 p. chart.

Party refreshments. 2 pp.

Program planning guide for 4-H Club foods leaders. 4 pp.

Raw fruits and vegetables rich in vitamin A values. 2 pp.

Raw fruits and vegetables rich in vitamin C. 2 pp.

Salads for 4-H Club. Kathryn E. Briwa. 2 pp.

Sandwich making demonstration. 1 p.

Score card for demonstration. Food preparation class. 1 p.

Score card for demonstration team. 1 p.

Select and plan demonstrations. 2 pp.

Suggestion for foods work with the 4-H Club. 1 p.

Tips to food demonstrators. 1 p.

To make a water-bath canner. 1 p.

Types of jars, jar rubbers, and jar covers. 3 pp.

Types of lunches. 1 p.

What we should learn from the 4-H foods project. 2 pp.

Wheel of good eating, The. Eat foods from each group daily. 2 p. chart.

When 4-H entertains (menus). 4 pp.

Why do we need the daily seven? 2 pp.

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Maryland Univ. Agr. Ext. 4-H Club bulletins. Margaret McPheeters. College Park.

Art of baking. Part I--cakes and cookies for 4-H Club girls. Bul. 86. 23 pp. January 1945. rev.

Art of baking. Part II--yeast breads and rolls for 4-H Club girls. Bul. 87. 16 pp. illus. 1950.

Food habits. Cir. 155. 11 pp. illus. 1948.

Meal planning--table setting and serving for 4-H Club girls. Bul. 81. 24 pp. illus. 1944. rev.

Maryland Univ. Agr. Ext. 4-H Club bulletins. College Park.

4-H food units. unnumb. mimeo. 3 pp. undated.

Freezing quality foods. Bul. 120. 37 pp. illus. 1950 rep.

Jellies, jams and preserves. Ext. Bul. 60. 29 pp. 1949. rep.

Maple sugar and sirup recipes. Cir. 87. 9 pp. 1931.

Maryland honey in the daily diet. Cir. 89. 5 pp. folder. 1931.

Pattern recipe, The. Bul. 50. 14 pp. illus. 1938. rev.

Pickles and relishes. Ext. bul. 59. 15 pp. and tables. 1949. rep.

School lunches. Part I. The carried lunch. Cir. 124. 12 pp. with tables. 1937.

### Massachusetts

Univ. of Mass. Ext. 4-H Club mimeos. Amherst.

Boys' cook. A 4-H leaflet for boys who like to cook. Tena Bishop. unnumb. 8 pp. illus. 1949.

4-H food record. 2 p. chart. unnumb. undated.

4-H food club leaders' guide. Mildred L. Howell. 8 pp. unnumb. 1950

Food preservation - a 4-H leaders' guide. 6 pp. illus. unnumb. 1949.

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Gifts of goodies. 3 pp. unnumb. 1950.

Pack a peppy lunch. 12 pp. unnumb. 1949.

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Cook for fun and health. 4-H leaflet No. 19. 36 pp. illus. June 1951. rev.

Every girl can cook. 4-H leaflet No. 36. 16 pp. illus. September 1950.

4-H fruit and vegetable canning. 4-H leaflet No. 27. 24 pp. illus. February 1951. rev.

4-H hostess. 4-H leaflet No. 47. 16 pp. illus. August 1951.

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Mich. State Col. Ext. bulletins. East Lansing.

A dozen easy dinners. Roberta Hershey. unnumb. bul. 16 pp. undated.

4-H outdoor meals. Corrine White Ketchum. unnumb. 13 pp. illus. 1950.

4-H school lunches. Corrine W. Ketchum. Club bul. 12. 9 pp. 1948.

Your meals and your manners. unnumb. bul. 10 pp. undated.

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Breakfast. Project 1. Corrine Ketchum. Club Bul. 30A. 24 pp.  
illus. 1951. rev.  
Dinners. Project 3. Ada Hough. Club Bul. 32. 38 pp. illus.  
1947 rev.  
4-H Club baking project. Olga Bird. Club Bul. 45. 32 pp. illus.  
May 1948. 1951. rev.  
Luncheons and suppers. Project 2. Olga Bird. Club Bul. 30B.  
38 pp. illus. 1951 rev.  
Outdoor meals. Corrine Ketchum. Bul. 10. 13 pp. illus. March 1950.  
School lunch. Corrine Ketchum. Club Bul. 12. 9 pp. illus. 1948.  
  
Mich. State Col. Ext. food preservation bulletins. East Lansing.  
Canning, freezing. Mary Woodward. Club Bul. 10. 52 pp. illus. undated.  
Freezing fruits and vegetables. Mary Woodward. Club Bul. 10B.  
24 pp. illus. June 1951.  
Fruits and tomatoes. Mary Woodward. Club Bul. 10A. 22 pp. illus. 1951.

#### Minnesota

4-H bread. Carol Sanstead and Ina Rowe. Ext. 4-H Bul. 8. 23 pp. illus.  
Minn. Univ. Agr. Ext. University Farm. St. Paul. March 1951 rep.

4-H food preparation. Ina Rowe, Eva Blair and Mildred Schenck. Ext. 4-H  
Bul. 32. 12 pp. Minn. Univ. Agr. Ext. University Farm. St. Paul.  
January 1951.

What's new in breadmaking. Leaflet Form HN-25 to HN-29. 11 pp. Minn.  
Univ. Agr. Ext. University Farm. St. Paul. undated.

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Foods for 4-H Club girls. Anna P. Felder and Gladys Boyette. Processed  
Pub. 148. (Replaces former Bul. 148 and 149). 32 pp. illus. Miss. State  
Col. State College. April 1951.

Food selection and preparation for 4-H Club girls. May Haddon. Ext. Bul.  
92. 41 pp. illus. Miss. State Col. State College. March 1938.

4-H food preservation. For 12 year old girls. Anna P. Felder. Miss.  
Ext. Cir. 141. 23 pp. illus. Miss. State Col. State College. March 1947.

4-H method demonstration handbook. Prepared by W. R. Thompson. Cir. 150.  
110 pp. Miss. State Col. Ext. State College. April 1950.

Girls' 4-H Club standards handbook. Elaine Massey, May Haddon, Emma Lindsey,  
Mattie Lou Meador, Maxine Naugher. Ext. Cir. 88. 17 pp. Miss. State Col.  
State College. January 1938.

Miss. State Col. Ext. 4-H Club bulletins. Anna P. Felder and Gladys Boyette. State College.

- Foods for 4-H Club girls. Class 1...12 and 13 years old. Bul. 148. 44 pp. illus. April 1949.
- Foods for 4-H Club girls. Class 2...14 to 20 years old. Bul. 149. 84 pp. illus. July 1949.
- Foods for four-leaf clovers, 10-11 years old 4-H Club members. Pub. 147. 15 pp. illus. December 1950.

### Missouri

As your friends see you. Jane Hinote. 4-H Club Cir. 93. 18 pp. illus. Mo. Agr. Col. Ext. Columbia. July 1949.

4-H girl learns to can, freeze and dry food. Food preservation II. Flora L. Carl and Dorothy Bacon. 4-H Club Cir. 76. 25 pp. illus. Mo. Agr. Col. Ext. Columbia. March 1947.

Home pasteurization for safe milk. Joseph E. Edmondson. Cir. 342. 11 pp. illus. Mo. Agr. Col. Ext. Columbia. November 1949.

I pledge my health to better living. Missouri 4-H health improvement program. unnumb. 4 pp. Mo. Agr. Col. Ext. Columbia. undated.

Leader's guide. Food preservation II. (to be used with 4-H Club Cir. 76.) unnumb. 4 pp. Mo. Agr. Col. Ext. Columbia. July 1946.

Sharpen your judgment. Learn and apply standards of value. Dorothy Bacon and R. S. Clough. 4-H Club Cir. 85. 36 pp. illus. Mo. Agr. Col. Ext. Columbia. September 1947.

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Adventures in cooking. Food preparation I. 4-H Cir. 97. 35 pp. illus. January 1950.

Homemade bread for family meals. Cir. 586. 26 pp. illus. December 1950.

Leader's guide. Food preparation I. (for use with 4-H Club Cir. 97.) unnumb. 11 pp. December 1949.

Missouri Agr. Col. Ext. 4-H Club publications. Flora Carl, Josephine Flory, and Dorothy Bacon. Columbia.

Dinners, buffet suppers, and teas. 4-H Club Cir. 77. 53 pp. illus. June 1946.

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Suppers and picnic lunches. 4-H Club Cir. 90. 30 pp. illus. June 1948.

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4-H youth learn to can and to store food (Food preservation I. 4-H Club Cir. 88. 28 pp. illus. January 1948.

### Montana

Building good food habits. Mary E. Loughead. unnumb. mimeo. 11 pp. illus. Mont. State Col. Ext. Bozeman. February 1948.

Foods as a 4-H project. Mary E. Loughead. Bul. 271. 80 pp. illus. Mont. State Col. Ext. Bozeman. June 1951.

4-H foods leader's guide. Cir. 1023. 17 pp. Mont. State Col. Ext. Bozeman. undated.

### Nebraska

Canning fruits and vegetables. Jessie G. Greene. Ext. Cir. 9-31-2. 31 pp. illus. Nebr. Agr. Col. Ext. Lincoln. undated.

Food preservation by freezing. Mabel Doremus and May Stanek. Ext. Cir. 9965. 20 pp. illus. Nebr. Agr. Col. Ext. Lincoln. undated.

Hows and whys for young cooks. Jessie G. Greene. Ext. Cir. 9-11-2. 44 pp. illus. Nebr. Agr. Col. Ext. Lincoln. undated.

Let's cook. Kathryn Cooley. E.C. 9-101-2. 17 pp. illus. Nebr. Agr. Col. Ext. Lincoln. November 1951.

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Nevada 4-H Club garden book, The. Mark W. Menke. Bul. 88. 91 pp. illus. Nev. Agr. Col. Ext. Reno. June 1940.

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4-H supper, The. Elizabeth E. Ellis and Mary L. Sanborn. Junior Cir. 39. 18 pp. N. H. Univ. Agr. Ext. Durham. 1945. (This is being revised.)

New Hampshire Univ. Agr. Ext. publications. Elizabeth E. Ellis. Durham.  
4-H breakfast, The. Junior Cir. 42. 15 pp. illus. 1951.  
4-H dinner, The. Junior Cir. 67. 26 pp. illus. 1951.  
4-H meal planning. 4-H food project div. 5. 14 pp. 1949.  
Home canning guide. Ext. Bul. 87. 22 pp. illus. April 1951. rev.  
Vegetables on parade. Ext. Cir. 192. 12 pp. illus. 1951.

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N. J. Agr. Col. Ext. processed leaflets. Helen B. Robbins. New Brunswick. 1950.

Breakfast time. 4-H foods unit I. 20 pp. illus.

Dinner bell rings. 4-H foods unit III. 34 pp. illus.  
Food preservation members units I and II. 5 pp. and score cards.  
Leader's handbook - 4-H foods project. 11 pp.  
Leader's handbook. 4-H food preservation. unnumb. mimeo. 29 pp.  
Lunch is ready. 4-H foods unit II. 26 pp. illus.  
Outdoor cookery. 4-H foods activity. 6 pp. illus.  
When we entertain. 4-H foods activity. 9 pp. illus.

### New Mexico

Baking Circulars. N. Mex. Agr. Col. Ext. State College.

Baking the 4-H way.

IV. E. M. Woodard. Ext. Cir. 208. 16 pp. illus. 1945.

V. E. L. Blanchard. Requirements only. mimeo. 100 E-22. 1945.

VI. E. L. Blanchard. Requirements only. " 100 E-23. 1945.

Let's learn to bake.

Unit one. E. L. Blanchard. Ext. Cir. 223. 20 pp. illus. Jan. 1950.

Units two and three. E. L. Blanchard. Cir. 229. 24 pp. illus.

May 1951.

Canning the 4-H way. mimeos. N. Mex. Agr. Col. Ext. State College. 1947

Unit I. E. M. Woodard. 100 E-1. 9 pp. illus.

Unit II. " 100 E-2. 7 pp. illus.

Unit III. " 100 E-3 10 pp. illus.

Unit IV. " 100 E-4 7 pp. illus.

Unit V. Requirements only 100 E-5

Unit VI. Requirements only 100 E-6

Unit VII. E. L. Blanchard 100 E-21

Unit VIII. " 100 E-22

Cooking the 4-H way. mimeos. N. Mex. Agr. Col. Ext. circulars. State College. undated.

Unit I. E. M. Woodward. 100 E-13. 15 pp.

Unit II. " 100 E-14. 20 pp.

Unit III. " 100 E-15. 18 pp.

4-H Frozen Food Project. Requirements only. E. M. Woodward. mimeos. N. Mex. Col. Ext. State College. undated.

Project I. 100 E-10

Project II. 100 E-11

Project III. 100 E-12

Project IV. 100 E-24. G. I. Neely.

Planning Meals the 4-H Way. mimeo. circulars. N. Mex. Agr. Col. Ext. State College. undated.

Unit IV. 100 E-16.

Unit V. 100 E-19.

Unit VI. 100 E-18.

4-H foods demonstrations. A guide for agents and leaders. E. L. Blanchard. mimeo. 200 B-14. N. Mex. Agr. Col. Ext. State College. undated.

Healthy and happy. Unit I. E. L. Blanchard. Cir. 225. 20 pp. illus. N. Mex. Agr. Col. Ext. State College. June 1950.

Judging 4-H home economics. R. M. Boyles, E. L. Blanchard and Veda Strong. mimeo. 200 A-9. N. Mex. Agr. Col. Ext. State College. November 1950. rev.

School lunch project. Unit 1. Requirements only. E. M. Woodard. Mimeo. 100 E-11. N. Mex. Agr. Col. Ext. State College. undated.

### New York

New York Agr. Col. Ext. mimeographs. Roberta L. Cunningham. Ithaca.

ABC's of cooking. Leader's guide. C-1018. 12 pp. 1951.

" " Member's guide. unnumb. 27 pp. illus. undated.

(In-process of revision - will be printed sometime in 1952)

Adventures in dinners. Leader's guide. C-2540. 11 pp. undated.

" " Member's guide. unnumb. 30 pp. illus. undated.

" " Supplement. C-9590. 4 pp. 1951.

Frozen foods. Leader's guide. C-3578. 5 pp. 1948. rev.

" " Member's guide. unnumb. 10 pp. undated.

Pie time. Leader's guide. C-2623. 5 pp. 1947.

" " Member's guide. unnumb. 17 pp. illus. undated.

Tips for waitresses. unnumb. 12 pp. illus. undated.

Yeast breads. Leader's guide. C-4481. 4 pp. 1948.

" " Member's guide. unnumb. 20 pp. illus. undated.

New York Agr. Col. Ext. mimeographs. Mildred S. Dunn. Ithaca.

Fruit delights. Leader's guide. C-6397. 6 pp. undated.

" " Member's guide. unnumb. 20 pp. illus. undated.

" " Supplement. C-7991. 5 pp. undated.

Time for lunch. Leader's guide. C-7973. 6 pp. 1950.

" " Member's guide. unnumb. 18 pp. 1950.

New York Agr. Col. Ext. mimeographs. Elizabeth V. Massett. Ithaca.

Bake a better cake. Leader's guide. C-4660. 9 pp. undated. rev.

" " Member's guide. unnumb. 17 pp. illus. undated.

" " Supplement. C-6408. 3 pp. 1949.

Breakfast is ready. Leader's guide. C-9529. 5 pp. 1951.

" " Member's guide. unnumb. 12 pp. illus. undated.

New York Agr. Col. Ext. mimeographs. Let's bake series. Mildred Dunn and Elizabeth Vollmer. Ext. 4-H Club Bulletins. Ithaca. 1950.

Some facts about baking. Bul. 91. 8 pp. illus.

Muffins and quick-loaf breads. Bul. 92. 14 pp. illus.

Cakes, pies, yeast rolls and bread. Bul. 93. 16 pp. illus.

New York Agr. Col. Ext. mimeographs. Let's have a party. Elsie H. Morris. Ithaca.

Leader's guide. C-991 6 pp. 1951. rev.

Member's guide. unnumb. 38 pp. illus. undated.

Supplement. C-6481. 4 pp. 1950.

New York Agr. Col. Ext. 4-H Club mimeographs. Ithaca.  
Canning fruits and vegetables. Leader's guide. C-7561. 7 pp. undated.  
rev.  
Canning fruits and vegetables. Member's guide. C-3575. 16 pp. illus.  
undated. rev.  
Order blank for food preservation teaching materials. Mary C. North.  
C-9125. 1 pp. 1951.  
Outdoor cooking. Leader's guide. C-8842. 8 pp. 1951. rev.  
" " Member's guide. unnumb. 11 pp. illus. undated.

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#### Food Preparation.

N. C. Agr. Col. Ext. 4-H circulars. S. Virginia Wilson and Rita Dubois.  
State College Station. Raleigh.

Better breads. Yeast breads, quick breads. Club series 52. 13  
pp. illus. August 1947. (Only a few copies are on hand. To be  
revised if funds permit.)

Cooking the 4-H way. Club series 15. 52 pp. illus. and index.  
September 1948. rev.

N. C. Agr. Col. Ext. 4-H circulars. S. Virginia Wilson and Mary E. Thomas.  
State College Station. Raleigh. 1945.

Eggs, their place in meal planning. Ext. pamphlet Misc. 98. 8 pp.  
1945.

Use, do not abuse vegetables. 4-H Club series 96. 7 pp. September  
1945. rev.

#### Health.

N. C. Agr. Col. Ext. 4-H health improvement leaflets. S. Virginia Wilson  
and Rita Dubois. State College Station. Raleigh.

Good posture. unnumb. cir. 2 pp. illus. undated.

Protect your smile. unnumb. cir. 2 pp. illus. undated.

Your health--let's improve it. 4-H Club series 41. 4 pp. score  
cards. October 1949.

#### Food Conservation.

N. C. Agr. Col. Ext. 4-H food conservation leaflets. Raleigh.

Canning meat for the home. Mary McAllister and Ruby Sholz. Ext.  
Cir. 284. 14 pp. illus. November 1946. rev.

Canning fruits and vegetables. Mary McAllister, Ruby Sholz and  
Rose Ellwood Bryan. Ext Cir. 271. 29 pp. illus. March 1950. rev.

Family food conservation plan for a year. Rose Ellwood Bryan and  
S. Virginia Wilson. unnumb. 3 pp. table. 1950.

Jams, jellies and preserves. Rose Ellwood Bryan. Ext. Cir. 360.  
16 pp. June 1951. rev.

Pickling. Rose Ellwood Bryan. Ext. Cir. 362. 16 pp. June 1951.

North Dakota

North Dakota Agr. Col. Ext. mimeographs. Ramona C. Voss. Fargo (State College Station).

Foods the 4-H way.

Leader's manual. Leaflet 2874. 22 pp. undated.

Member's manual. First year. Leaflet 2863. 92 pp. illus.  
undated.

Meals the 4-H way.

Leader's manual. Leaflet 2150. 22 pp. undated.

Member's manual. Second year. unnumb. leaflet. 56 pp. illus.  
undated.

Dairy foods. 4-H demonstration suggestions. Ramona C. Voss. processed  
unnumb. 12 pp. leaflet. N. Dak. Agr. Col. Ext. State College Station.  
Fargo. undated.

Ohio

Baking is fun! Bertha Phillips, Frances Brundige, Grace Wagner, Alma  
Garvin and Roberta Falkenstein. 4-H Cir. 154. 16 pp. illus. Ohio Agr.  
Col. Ext. Columbus. November 1946. rep.

4-H Club girls bake cakes and cookies. Bertha Phillips, the late Frances  
Brundige, Alma Garvin, and the 4-H Club office of the University. 4-H  
Cir. 160. 20 pp. illus. Ohio Agr. Col. Ext. Columbus. October 1949. rep.

4-H Club member bakes yeast breads, rolls, pastry. 4-H Nutrition Committee  
and Alma Garvin. 4-H Cir. 155. 19 pp. illus. Ohio State University.  
Columbus. December 1949. rev.

Let's cook. A 4-H project record. Ethel Byrnes. 4-H Cir. 142. 23 pp.  
illus. Ohio Agr. Col. Ext. Columbus. July 1950. rep.

Outdoor cookery. Member's handbook. unnumb. mimeo. 21 pp. illus. Ohio  
Agr. Col. Ext. Columbus. undated.

Salads, sandwiches and summer drinks. Nutrition Specialists. 4-H Cir.  
141. 24 pp. illus. Ohio Agr. Col. Ext. Columbus. September 1948. rev.

Ohio State Agr. Col. Ext. bulletins. Marian Moore. Columbus. 1949.

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Canning vegetables and meats. 4-H members' book. 4-H Cir. 164.  
20 pp. illus.

Freezing fruits and vegetables. 4-H members' book. 4-H Cir. 165.  
12 pp. illus.

Oklahoma

4-H for health. Cir. 436. 8 pp. illus. Okla. Agr. Col. Ext. Stillwater. undated.

Oklahoma Agr. Col. Ext. 4-H home demonstration manuals. Stillwater. 1950.  
Cir. 531. Home demonstration I (for girls 9 years old). 20 pp. illus.  
Cir. 532. " " II (for girls 10 or 11 years old).  
20 pp. illus.  
Cir. 533. " " III (for girls 11 or 12 years old).  
22 pp. illus.  
Cir. 534. Home demonstration IV. 28 pp. illus.  
Cir. 535. " " V. 29 pp. illus.  
Cir. 536. " " VI. 34 pp. illus.  
Cir. 537. " " VII. 44 pp. illus.  
Cir. 538. " " VIII. 30 pp. illus.  
Cir. 539. " " IX. 18 pp. illus.

Oregon

Oregon Agr. Col. Ext. Bulletins. Winnifred Gillen. Corvallis.

The dinner club - junior and senior. Club Series M-53. 43 pp.  
illus. 1951.

Cookery project record book (Division III) Club Series M-48. 10 pp.  
1952.

The luncheon or supper club (Division II). Club Series M-52. 39 pp.  
illus. 1951.

Cookery project record book (Division II). Club Series M-47. 10 pp.

Food preservation. Club Series J-29. 42 pp. 1951.

Food preservation project record book. Club Series J-25. 1952.

Oregon Agr. Col. Ext. Bulletins. Helen Cowgill. Corvallis.

The breakfast club (Division I). Club Series M-49. February 1952, rev.

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1947.

Camp cookery. Club Series M-43. 27 pp. 1948.

Cookery project record book. Camp cookery Club series M-45. 3 pp.  
1948, 1951, rev.

Cooking IV. C-5204. 8 pp. mimeo. 1951.

Oregon 4-H cake baking contest. unnumb. 8 pp. illus. 1951.

The freezing and preservation of fruits and vegetables. Lois Sather and  
E. H. Wiegand. Ext. Bul. 688. 4 pp. Oreg. Agr. Col. Ext. Corvallis. 1948.

Let's demonstrate. Esther Taskerud. Club Series A-45. 17 pp. illus.

Oreg. Agr. Col. Ext. Corvallis. 1952.

Pages from 4-H judges' handbook. Oreg. Agr. Col. Ext. mimeos. Corvallis.

Cookery IV. Scrap book. Leaflet C-4090. 1 pp. 1950.

Judges score card. 4-H frozen foods. Leaflet C-5012. 1 pp. 1950.

Judging helps for 4-H cookery clubs. Esther Taskerud. Leaflet  
C-3406. 10 pp. undated.

Judging sheet. Canned fruit. Canning I. Leaflet C-4085. 1 pp. 1950.  
Judging sheet. Canning II. Leaflet C-4087. 1 pp. 1950.  
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Oregon State fair. Score card for senior dollar dinner contest. Leaflet C-4096. 1 pp. 1950.

Points to consider in judging table setting. Esther Taskerud. unnumb. 1 pp. undated.

Scorecard for meals of the day. Esther Taskerud. unnumb. 1 pp. undated.

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Dinner club. Sara Warren. Cir. 355. 39 pp. illus. Pa. State Col. Ext. State College. January 1950.

Going the healthy way. Leaflet 133. 3 pp. illus. Pa. State Col. Ext. State College. March 1950.

It's fun to cook. Marguerite Johnson. Cir. 354. 38 pp. illus. Pa. State Col. Ext. State College. January 1950.

Let's cook outdoors. (This is being revised, to be completed in 1952.)

Let's pack a lunch. Extension Nutritionists. Cir. 375. 15 pp. illus. Pa. State Col. Ext. State College. January 1951.

Preserve and serve. Sara Warren. Cir. 337. 38 pp. illus. Pa. State Col. Ext. State College. May 1949.

Your breakfast wheel of fortune. Better breakfasts - better health. Leaflet 145. 3 pp. illus. Pa. State Col. Ext. State College. March 1951.

Pa. State Col. Ext. series of circulars. When you entertain. State College. 1949.

Buffet meals. Marguerite Johnson. Cir. 328. 18 pp. illus.

Festive family meals. Sara Warren. Cir. 326. 18 pp. illus.

Snacks. Extension Nutrition Specialists. Cir. 327. 15 pp. illus.

Teas. Extension Nutrition Specialists. Cir. 325. 13 pp. illus.

#### Puerto Rico

Univ. of Puerto Rico Ext. 4-H Club mimeographs. Rio Piedras.

Clubes 4-H modelo. Pedro Olivencia. mimeo. Cir. 4-H No. 51. 3 pp. August 1948. rev.

El mani. Francisco Joglar Rodriguez. mimeo. Cir. 4-H No. 45. 4 pp. illus. May 1949. rev.

Insecticidas y fungicidas. Miguel A. Dfaz. mimeo. Cir. 4-H No. 56.  
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La habichuela soya y su cultivo. F. Joglar Rodriguez. mimeo. Cir.  
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La importancia del proyecto enel programa 4-H. A. Mayoral Reinat.  
mimeo. Cir. 4-H No. 47. 5 pp. March 1946. rev.

La nina 4-H bien vestida. Alida M. Rivera. mimeo. unnumb. leaflet.  
3 pp. March 1949.

For que debemos organizar juntas consultivas para el programa 4-H.  
A. Mayoral Reinat. mimeo. Cir. 4-H No. 62. 4 pp. August 1947.

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3 pp. June 1945.

Semana nacional de logros 4-H. A. Mayoral Reinat. mimeo. Cir. 4-H  
No. 60. 7 pp. illus. October 1949.

#### Rhode Island

Let's learn to cook. Violet B. Higbee. Bul. 102. 23 pp. illus. R. I.  
State Col. Ext. Kingston. undated.

New England Cooperative bulletins for 4-H. R. I. State Col. Ext. Kings-  
ton. undated.

#### South Carolina

(All materials distributed through Home Demonstration Department, Win-  
throp College, Rock Hill, S. C.)

Four-H Breakfast or Dinner series. What Every 4-H Club Member Should Know  
About Foods and Cooking. Cir. 59. 7 pp. illus. Clemson Agr. Col. Ext.  
Rock Hill. 1948.

Winthrop College. Extension publications. Rock Hill.

4-H Breakfast series. Unit 1.

A good breakfast. Cir. 87. 4 pp. illus. 1948.

Beverages for breakfast. Cir. 65, 4 pp. illus. 1948.

Breads for breakfast. Cir. 64. 4 pp. illus. 1948.

Breakfast cereals. Cir. 61. 3 pp. illus. 1948.

Eggs for breakfast. Cir. 62. 3 pp. illus. 1948.

Fruits for breakfast. Cir. 60. 3 pp. illus. 1948.

Meats for breakfast. Cir. 63. 3 pp. illus. 1948.

**4-H Dinner series. Unit II**

- Breads for dinner. Cir. 69. 4 pp. illus. 1948.  
Desserts for dinner. Cir. 69. 4 pp. illus. 1948.  
Let's cook dinner. Cir. 85. 3 pp. illus. 1948.  
Meats for dinner. Cir. 67. 6 pp. illus. 1948.  
Salads for dinner. Cir. 88. 4 pp. illus. 1948.  
Vegetables for dinner. Cir. 66. 6 pp. illus. 1948.

**4-H Lunch or Supper series. Unit III**

- Desserts for lunch or supper. Cir. 94. 5 pp. illus. 1949.  
It's fun to have an outdoor supper for family or friends. 3 pp.  
illus. 1949.  
Meats. Cir. 93. 4 pp. 1949.  
Planning a lunch or supper. Cir. 91. 8 pp. illus. 1949.  
Salads for lunch or supper. Cir. 92. 4 pp. illus. 1949.  
Soups for lunch or supper. unnumb. leaflet. 4 pp. undated.

**4-H Health Improvement series. undated.**

- 4-H food habit record. 1 pp. chart. unnumb.  
4-H health habit record. 1 pp. chart. unnumb.  
Health guide for 4-H Club members. Curtys Ballentine. Cir. 14.  
11 pp. with record charts. 1950. rev.  
Physical examination score card - 4-H health improvement 1 pp. chart.

South Dakota

Development of home economics standards through 4-H judging work. Geraldine G. Fenn. Cir. 409. 18 pp. illus. S. Dak. State Col. Ext. Brookings. May 1944.

4-H home economics club local leaders' guide. Cir. No. 437. 27 pp. illus. S. Dak. State Col. Ext. Brookings. July 1948.

4-H meal planning for South Dakota 4-H girls. Ext. Cir. 468. 15 pp. illus. S. Dak. State Col. Ext. Brookings. May 1951.

4-H meal planning kitchen record sheet. 2 page poster. S. Dak. State Col. Ext. Brookings. 1950.

4-H meal planning score card. 9 pp. score card. unnumb. S. Dak. State Col. Ext. Brookings. undated.

Girls enroll now. 4 pp. folder. unnumb. S. Dak. State Col. Ext. Brookings. undated.

How and why of 4-H Club demonstrations. Vivian Berry. Cir. 417. 15 pp. illus. S. Dak. State Col. Ext. Brookings. May 1945.

Learning better homemaking practices in meal planning. 4-H Club work. 2 pp. folder. S. Dak. State Col. Ext. Brookings. 1951.

Tennessee

Tennessee Agr. Col. Ext. 4-H publications. Knoxville. undated. Mildred Kemmer.

Are you guessing or do you know?--Good manners at dinner. CL 10,240.  
6 pp.

Dairy foods demonstration:

How to use dairy products in meal planning. CL 10,179. 5 pp.

Rating bossy and the milk maid. CL 10,175. 6 pp.

Sandwiches for 4-H Club picnic and party. CL 10,274. 4 pp.

4-H Club demonstration on nutrition:

No. 1--Calcium. CL 10,083. 2 pp.

No. 2--Iron. CL 10,093. 4 pp.

No. 3--Protein. CL 10,124. 4 pp.

4-Her's prepare and serve refreshing summer drinks. CL 10,102. 4 pp.

4-Her's prepare and serve whole grain hot bread. CL 10,110. 4 pp.

4-H Club food and health quiz. CL 10,113. 1 pp.

Let's cook breakfast. SC 238. 4 pp.

Let's drink milk. SC 220. 1 pp.

Let's eat breakfast. CL 10,184B. 1 pp.

Let's eat cereal. CL 10,185B. 1 pp.

Let's eat an egg. SC 218. 2 pp.

Let's eat, 4-Her's. SC 221. 1 pp.

Let's eat fruit. SC 219. 1 pp.

Let's eat lean meat. SC 223. 1 pp.

Let's eat lunch. CL 10,504. 2 pp.

Let's eat by rule of thumb. CL 10,186A. 1 pp.

Let's eat raw vegetables. SC 222. 1 pp.

Let's gather and eat nuts. CL 10,186B. 1 pp.

Let's plan 4-H Club picnics. CL 10,185A. 1 pp.

Milk and dairy products quiz. CL 10,083A. 1 pp.

Tennessee Agr. Col. Ext. 4-H publications. Knoxville. undated. Mildred Kemmer and Fanny Gibbs.

Dairy foods demonstration--A lunch that packs a punch. CL 10,236. 8 pp.

4-Her's prepare and serve a good breakfast. CL 10,100. 4 pp.

Let's cook vegetables. SC 237. 4 pp.

Score card for 4-H dairy foods demonstration. CL 10,208. 1 pp.

Tennessee Agr. Col. Ext. 4-H publications. Knoxville. undated. Maude Guthrie.

Dairy foods demonstration

Cheese magic. CL 10,013. 3 pp.

Cheese salads. CL 10,272. 6 pp.

Cheese salads. CL 9,732. 6 pp.

- Dairy drinks. CL 10,273. 7 pp.

Dairy drinks. CL 9,857. 5 pp.

Recipes for dairy drinks demonstration. CL 9,885. 2 pp.

Sunday night supper. CL 10,368. 6 pp.

It's picnic time. CL 9,726. 1 pp.

Milk fairies' demonstration. CL 10,325. 1 pp.

Refreshments for 4-H Clubs. CL 10,337. 5 pp.

Suggested subjects for dairy foods demonstration. CL 10,374. 1 pp.

Tennessee Agr. Col. Ext. 4-H publications. Knoxville. undated.  
Katherine Simpson.

Dairy food demonstration--Importance of dairy products in the diet.  
CL 10,490. 5 pp.

Aubry Scott.

Junior 4-H Club guide. Pub. 303. 36 pp. illus. November 1950. rep.  
Senior 4-H project guide. Pub. 327. 52 pp. illus. October 1950.

Louise Cox.

Dairy foods demonstration--Quick lunches. CL 10,491. 7 pp.

Clarence Reeves.

Dairy foods demonstration--Milk straining and cooling demonstration  
CL 10,086. 2 pp.

Fanny Gibbs.

Dairy foods demonstration--Vanilla ice cream with sauces. CL 10,011.  
6 pp.

#### Texas

Feeding the family the 4-H pantry way. Lola A. Blair. Bul. C-76. 8 pp.  
Tex. Agr. Col. Ext. College Station. undated.

Pickles and relishes. Extension foods and nutrition specialists. Bul. B-188.  
19 pp. illus. Tex. Agr. Col. Ext. College Station. 1951.

Processing poultry. F. Z. Beanblossom and Roy W. Snyder. Bul. B-149.  
23 pp. illus. Tex. Agr. Col. Ext. College Station. 1947.

Texas Agr. Col. Ext. 4-H demonstration guide. College Station.  
Food preparation series.

Let's bake cookies. 4H-44. 2 pp. illus. 1950.

Let's cook and eat series:

Green and yellow vegetables. 4H-30. 2 pp. illus. 1948.

"Other" vegetables. 4H-33. 2 pp. illus. 1948.

Sweet and Irish potatoes. 4H-31. 2 pp. illus. 1948.

Tomatoes. 4H-32. 2 pp. illus. 1948.

Let's prepare and eat vegetable salads. 4H-55. 1 pp. illus. 1951.

Tex. Agr. Col. Ext. 4-H leaflets. College Station  
Food preservation series.

Series I. Getting the water bath ready for canning. 4H-3.  
2 pp. illus. 1947.

Series II. These are the berries. 4H-8. 2 pp. illus. 1949.

Series III. Canning tomatoes. 4H-22. 4 pp. illus. 1947.

Utah

Utah Agr. Col. Ext. 4-H Foods Project bulletins. Elna Miller and Fern Shipley. Logan. undated.

Come to our party. Phase IV. Ext. Bul. 194. 28 pp. illus.  
Dinner is served. Phase III. Ext. Bul. 182. 23 pp. illus.  
First call to breakfast. Phase I. Ext. Bul. 157. 20 pp. illus. rev.  
Learn about luncheons. Phase II. Ext. Bul. 170. 30 pp. illus.

Vermont

Vermont Agr. Col. Ext. mimeographs. 4-H Club publications. Anna M. Wilson. Burlington.

Beginning cooks. C48. 26 pp. illus. undated.  
Junior cooks. M3997. 31 pp. illus. 1948.  
Molding personality at mealtime. Brieflet 847. 8 pp. illus. 1950.  
New horizons with foods. C49. PR1149. 32 pp. 1949.  
The 4-H Club entertains. C49. 36 pp. illus. undated.

Virginia

Virginia Agr. Col. Ext. publications. Janet Cameron. Blacksburg.  
Food for pep! Leaflet 212. 10 pp. illus. January 1950. rev.  
Homemade mixes. Bul. 184. 5 pp. illus. September 1950.  
Making bread at home. Cir. E-383. 7 pp. illus. February 1946. rev.  
Planning the family food supply. Cir. 400. 3 pp. and tables. May 1946.

Virginia Agr. Col. Ext. Home Economics publications. Blacksburg.  
How to give a demonstration. Cir. 490. 2 pp. illus. January 1950.  
How safe is your milk supply? Cir. 482. 5 pp. folder. illus. 1949.  
Leader's report--4-H project. Hallie L. Hughes. MZ-35. 1 pp. 1947.  
Milk--butter--cheese. Manual for 4-H and home demonstration club work. Dairy Husbandry Dept. Bul. 162. 11 pp. August 1944.  
"Munch" or "Lunch". 4 pp. unnumb. mimeo. January 1948.  
Plan and record for 4-H food preservation project. Cir. 389. 4 pp. March 1947. rev.  
Preparing meals. A manual for 4-H Club members. Janet Cameron and Mary Thompson. Cir. 393. 12 pp. illus. September 1951. rev.

Virginia Agr. Col. Ext. mimeographs. Janet L. Cameron. Blacksburg.  
Better breakfasts. unnumb. 4 pp. illus. undated.  
Cookie jar, The. MF-192. 2 pp. 1949.  
Freezing baked and pre-cooked foods. MF-244. 7 pp. 1951.  
Glamor meals that taste good. MF-258. 2 pp. undated.  
Salad time savers. MF-46. 2 pp. 1950. rev.  
Watch your weight. MF-126. 2 pp. 1947.

Virginia Agr. Col. Ext. mimeographs. Mary L. Thompson. Blacksburg.

Food after forty. MF-225. 3 pp. 1950.

Let's have seafood. MF-257. 6 pp. illus. undated.

Meals from your freezer. MF-214. 4 pp. illus. 1951.

Meals to keep slim peppy and well nourished. MF-223. 3 pp. 1950.

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Washington State Col. Ext. 4-H project publications. Inez Eckblad. Pullman.

Baking--now you're an expert. Bul. 453. 3 pp. illus. 1951.

4-H baking cookies, cakes, and pies. Bul. 432. 19 pp. illus. 1950.

4-H baking for the family. Bul. 452. 7 pp. illus. 1951.

4-H breakfasts. Bul. 428. 11 pp. illus. 1950.

4-H food preservation. 4-H Cir. 66. 10 pp. illus. 1948. rev.

4-H luncheons and suppers. Bul. 445. 9 pp. illus. 1951.

Let's cook. Bul. 438. 22 pp. illus. 1950.

Washington State Col. Ext. 4-H project mimeographs. Inez Eckblad. Pullman.

Family meals for special occasions. 1020. 12 pp. 1951.

Food and fun with friends. 1021. 11 pp. 1951.

Let's cook. Guide for leaders. No. 617. 3 pp. 1949.

Outdoor eating. No. 1022. 9 pp. 1951.

Washington State Col. Ext. publications. Pullman.

Dinners. Ext. Pub. No. (Should be ready next month in printed form)

4-H food preservation club. Eleanore Davis. 4-H Cir. 66. 10 pp. illus. 1948.

More for your money. Lila B. Dickerson. Mimeo. 1097. 14 pp. illus. undated.

### West Virginia

West Virginia Agr. Col. Ext. 4-H Club Project circulars. Eloise Cofer. unnumb. Morgantown.

Baked desserts. 50 pp. illus. 1950. rev.

Foods for fun. 28 pp. illus. undated.

4-H yeast breads project. 33 pp. illus. September 1949.

Junior meal planning. 54 pp. illus. revised and rerun. 1950.

Pack a lunch with a punch. 24 pp. illus. undated.

Second year meal planning. 48 pp. 1950.

Third year meal planning. 1951. rev.

Top 'o the stove cookery. 28 pp. July 1946.

West Virginia Agr. Col. Ext. 4-H Club Food Preservation Project circulars. unnumb. undated.

First--for Club members 11-13 years old. 16 pp. illus.

Second--for Club members 12-14 years old. 19 pp. illus.

Third--for Club members 13 years and older. 28 pp.

Fourth--for Club members 13 years and older. 19 pp.  
Fifth--for Club members 13 years and older. 17 pp.

West Virginia Agr. Col. Ext. Special event leaflets--camp classes--leader training, etc. Morgantown.

- Camptime capers No. 1. 4 pp. illus. undated.  
Camptime capers No. 2. 4 pp. illus. undated.  
Chef's specials unnumb. 4 pp. undated.  
Garden goodies. unnumb. 5 pp. illus. processed. undated.  
Gifts from your kitchen. Vol. I. No. 2. 4 pp. undated.  
Good lunches build strong Americans--for 4-H leaders. Cir. 337.  
19 pp. illus. 1944.  
It's the top o' the morning with a good breakfast. unnumb. processed  
leaflet. 6 pp. illus. undated.

### Wisconsin

Wis. Agr. Col. Ext. circulars. 4-H Club foods project\* Food Preparation Series. Madison.

- Fruits in our meals. Cir. 4-H 56. 24 pp. illus. July 1951. rev.  
Grains in our meals. Cir. 4-H 39. 24 pp. illus. February 1944  
(to be revised in 1952.)  
Meat in our meals. Cir. 4-H 61. 24 pp. illus. October 1948.  
Milk and eggs in our meals. Cir. 4-H 44. 24 pp. illus. October 1945.  
Our school lunch as a 4-H project. Cir. 4-H 55. 15 pp. illus. June  
1946.  
Vegetables in our meals. Cir. 4-H 43. 24 pp. illus. 1949. rev.

### Wyoming

- Wyo. Agr. Col. Ext. circulars. Meals the 4-H way. Laramie,  
I. Evangeline J. Smith and Mae Baird. Cir. 71. 45 pp. illus.  
July 1947. rev.  
II. Evangeline J. Smith and Mae Baird. Cir. 80. 61 pp. illus.  
July 1947. rev.  
III. Evangeline J. Smith and Aleta McDowell. Cir. 115. 57 pp. illus.  
September 1950.  
IV. Evangeline J. Smith and Mae Baird. unnumb. cir. 94 pp. illus.  
1948.  
V. Evangeline J. Smith and Aleta McDowell. unnumb. cir. 16 pp.  
1951.

Wyo. Agr. Col. Ext. circulars. Meals the 4-H way. Leaders' guide. unnumb.  
mimeos. undated.

- I. 5 pp.  
II. 3 pp.  
III. 3 pp.

\*We use the Federal and State bulletins for the 4-H food preservation project.

Food preservation. 4-H foods leaflet F-25-44. 4 pp. Wyo. Agr. Col. Ext. Laramie. 1944.

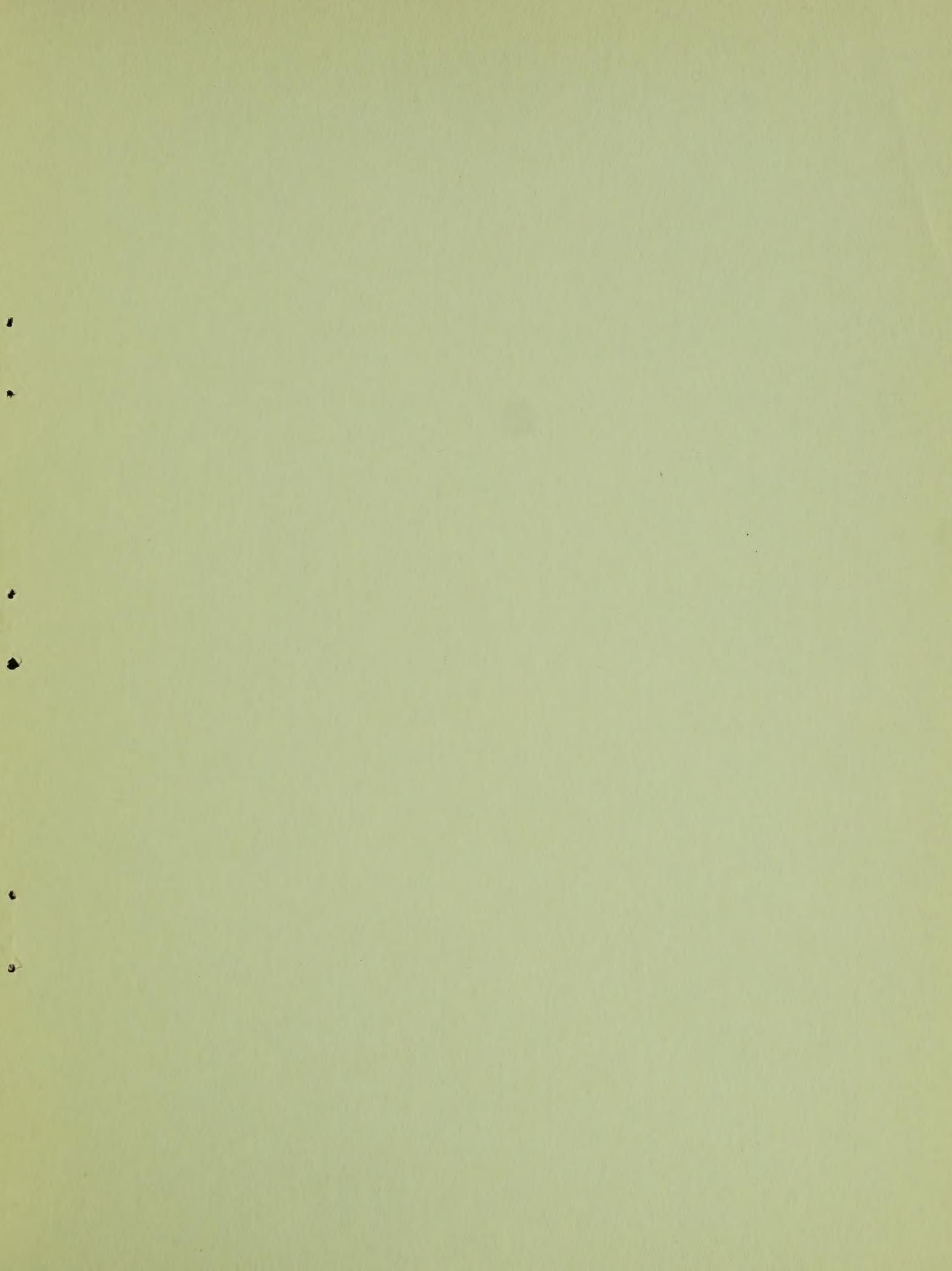
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Rolls for every occasion. Evangeline J. Smith. unnumb. mimeo. 4 pp. undated.





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